

## RHODE ISLAND STATE POLICE "5K FOOT PURSUIT"

Sunday, April 24th, 2016 at 10:00 A.M.

## WALKERS WELCOME!

First 600 entrants will receive free t-shirts!

Free post-race cookout for all participants and award ceremony.

For more information:

Website:

www.risp.ri.gov/5k

or

Phone: (401) 444-1000

All proceeds to benefit the Rhode Island State Police Charitable Fund.

Race Location: North Beach Clubhouse at Narragansett Town Beach

79 Boston Neck Road, Narragansett, RI 02882 Start/Finish line is in front of North Beach Clubhouse

Registration Info/Fees/Packet Pickup Info:

**Register ONLINE:** at www.risp.ri.gov/5k (online registration closes 4/21) **OR** 

Register IN-PERSON: (April 22, April 23 & April 24, 2016)

**NOTE:** All participants must submit separate registration forms. Registration is non-refundable.

**Registration Fees:** 

Early Bird (online Nov. 1, 2015 – Dec. 31, 2015): \$25 **Registration** (online Jan. 1, 2016 – Mar. 31, 2016): \$30 **Late Registration** (online Apr. 1, 2016 – Apr. 21, 2016): \$35

In-Person (Apr. 22, 2016 – Apr. 24, 2016): \$40

Packet Pickup/In-Person Registration Opportunities:

April 22<sup>nd</sup> from 3:00 PM to 6:00 PM at *Providence Bicycle* 150 Lambert Lind Highway, Warwick, RI 02886

April 23<sup>rd</sup> from 3:00 PM to 6:00 PM at The Bike Stop Cafe 148 Boon Street, Narragansett, RI 02882

April 24<sup>th</sup> (Race Day) from 8:00 AM - 9:30 AM at the Clubhouse

Team Competition: Prizes awarded to 1st, 2nd & 3rd place teams

Open Team (men and/or women) & Police/Fire/Military teams. \*Team scores based on combined time of 3 fastest team members. TEAMS MUST REGISTER NO LATER THAN APRIL 21ST

**NOTE:** For your safety and the safety of others, the USA Track & Field Association (USATF) prohibits the use of baby joggers, strollers, pets, and headsets in road races.

Athletes who do not comply subject themselves to disqualification.

Awards: •\$100 cash prize will be awarded to the top male and top female runners.

• \$200 bonus for male and female course record setters:

Female – Francine Darroch 17:58 (2008) Male – Matt Pelletier 15:04 (2008)

· Prizes will be awarded to the top 3 male and female runners in the following **age divisions:** Kid (12 & under), Junior (12 – 18), Open (19 – 29), Sub-Master (30 – 39), Master (40-49), Senior (50-59), Veteran (60-69), Grand Veteran (70+)

Race will be chip timed by The Last Mile Racing, LLC Photos of the race will be available by George Ross Photography

## DIRECTIONS TO RACE

From Points NORTH: Take I-95 S. Merge onto RI-4 S via exit 9 on the left toward North Kingstown. RI-4 S becomes US-1 S. In approximately 7 miles, take the ramp toward Narragansett. Turn left onto RI-1A S/RI-108S/Kingstown Rd. Enter roundabout and take the 2<sup>nd</sup> exit onto RI-1A E. Turn left onto Narragansett Ave/RI-1A/RI-1. Take the 2<sup>nd</sup> left onto Boston Neck Rd/RI-1A S. The Clubhouse will be on your right.

From Points SOUTH: Take I-95 N toward Providence. Take the CT-2 exit, exit 92, toward CT-49/No. Stonington/Pawcatuck. Turn right onto Liberty St/CT-2. Merge onto CT-78 E/Veterans Way toward Westerly R.I./Misquamicut Beaches (crossing into Rhode Island). CT-78 E/Veterans Way becomes RI-78 E/Westerly Bypass. Turn left onto US-1/RI-2/Franklin St. Continue to follow US-1 N for approximately 19 miles. Take the ramp toward Narragansett/Point Judith. Take right onto Woodruff Ave. Turn sharp left onto RI-108 N/Point Judith Rd. Enter roundabout and take the 1st exit onto RI-1A E. Turn left onto Narragansett Ave/RI-1A/RI-1. Take the 2<sup>nd</sup> left onto Boston Neck Road/RI-1A S. The Clubhouse will be on your right.

## **COURSE MAP**

START in front of North Beach Pavilion traveling south on Boston Neck Road.

Make right onto Narragansett Avenue.

Travel west on Narragansett Avenue to Kingstown Road.

Take left onto Kingstown Road heading east, then take right onto Boon Street.

Travel south on Boon Street to South Pier Road and take left.

Travel east on South Pier Road to Ocean Road.

Make left onto Ocean Road heading north.

Travel beneath the towers and take a right onto Beach Street.

FINISH back in front of North Beach Pavilion.

